

**COOKING
SKILLS
ACADEMY****INGREDIENTS:**

- 2 chicken thighs
- 2 bunches of fresh rosemary
- 2 bunches of fresh thyme
- 2-3 cloves garlic
- 1 small red onion
- 2 cups of chicken stock
- 2 tbs butter
- 2 tbs flour

Rosemary / Thyme Braised Chicken

DIRECTIONS:

1. Start by seasoning chicken with salt and pepper. Sauté on both sides and remove.
2. Add butter, red onions and garlic. Sauté until translucent. Add flour and cook for about 2-3 mins.
3. Add fresh herbs chicken and chicken stock. Cover and cook in oven 350 degrees for about 30-40 mins.
4. Serve over garlic mash potatoes.